

Cruse Bereavement Care Scotland (CBCS) Specialist Module in Bereavement and Loss Training Course Autumn 2009 - Glasgow



Who is this course for?

This course is designed for individuals who have successfully completed either a Diploma in Counselling, the COSCA Certificate in Counselling Skills, or equivalent and who wish to gain specialist knowledge, skills and competencies in the field of bereavement and loss.

The course will also be of benefit to practitioners/individuals who wish to do the training for their professional development.

What are the aims of the course?

The aims of the course are:

- ❑ To enable participants to reflect on, and learn from, their personal experiences of bereavement and loss.
- ❑ To introduce participants to essential theoretical concepts of attachment, bereavement and loss
- ❑ To raise participants awareness of societal and cultural differences in bereavement
- ❑ To provide participants an opportunity to consolidate and further develop their previous counselling skills in a safe and supportive environment
- ❑ To set these skills within an ethical framework
- ❑ To increase participants effectiveness as bereavement practitioners

What is the course content?

The course will include the following:

- Personal attitudes to death and bereavement

- Societal and cultural attitudes to death and mourning
- Bereavement models
- Loss
- Attachment theory
- Observed skills practice
- Ethical practice

What training methods will be used?

The course will adopt a variety of training methods:

- Experiential learning
- Skills practice in triads
- Trainer presentations
- Discussion groups
- Group work

Self-directed study, written assignments, self, peer and tutor feedback all feature in this course.

Does the training involve course work?

This is an assessed course. Trainees will be assessed against the learning outcomes of the course. Integral to the course is the ability to give, receive and utilise feedback. Self, peer and trainer feedback is an ongoing element of the training.

Trainees will be asked to submit a portfolio to include the following:

- ❑ **A Personal Learning Statement (approximately 1200 – 1800 words)**
- ❑ **Self-evaluation forms**
- ❑ **Peer evaluation forms**

Who are the course providers?

The course is provided by Cruse Bereavement Care Scotland (CBCS). Cruse is a registered charity; we exist to promote the well-being of bereaved people in Scotland. We work primarily through volunteers.

Is the course validated?

This course has received COSCA (the professional body for Counselling and Psychotherapy in Scotland) validation.

What are the dates for the course?

Selection Day: Saturday October 3 2009

Course Dates: Sat/Sun October 31/November 1
Sat November 14
Sat/Sun November 28/29
Sat December 12

Where will the course take place?

The course will be held in Glasgow. Venue: to be confirmed

What is the cost of the course?

The cost of the course is £450. Course fees should be paid in full before the course starts.

How do I apply for the course?

For an application pack please telephone 01738 444178 or
Email: training@crusescotland.org.uk or

Helen Theaker
Training Administrator
CBCS
Riverview House
Friarton Road
Perth
PH2 8DF

The closing date for applications is Thursday 3rd September 2009.

Application & selection

Applicants will be asked to complete an application form which includes guidelines to complete a self-assessment statement of 250-500 words.

Applicants for the course will be asked to attend a selection day. The day is set up to be a collaborative process. It is designed to give you an opportunity to meet the trainers and other potential group members and decide if this is the right course for you at this time.

CBCS will be looking for individuals who can:

- Show an ability to self-reflect with awareness on their experiences of bereavement and loss
- Share those experiences with other group members
- Demonstrate an ability to be empathic, genuine and understanding

The selection day will consist of a mix of small discussion groups, large group activities and individual interviews. This will also be an opportunity for the trainers to give information about the course and answer any questions.

This course is designed for trainees who already have either a Diploma in Counselling, the Certificate in Counselling Skills or equivalent.

CBCS operates an equal opportunities policy.

What if I want to do the course but am unsure whether I am eligible?

Prospective trainees are who are unsure whether they are eligible for this course or who have questions about equivalence and the Certificate in Counselling Skills should contact Maureen McClelland the CBCS Training Development Manager.

For Further Information please contact:

CBCS – National Office
Riverview House
Friarton Road
Perth PH2 8DF
Email: training@crusescotland.org.uk
Phone: 01738 444178
Fax: 01738 444807

*If you are accepted on the course, it is important that you are aware that **planned** absence is not permitted. In other words you must commit to full attendance on all the days of the course. The reason for this is that Cruse training makes use of participants' personal experience to help trainees learn through a process of increasing self awareness, self reflection and self assessment. The learning process experienced in the learning group is central to the training and it is very difficult to recreate the learning opportunities if sessions are missed. For this reason participants are expected to attend every unit of the course.*